

How to be fast after 50

By Bradley Stulberg, Outside

Fifty is America's favorite age. According to a recent Harris Interactive poll, if we could "skip time and live forever in good health at a particular age," Americans, on average, choose 50.

Athletes, however, might think differently: 50 isn't exactly associated with peak performance. But it's still a damn good age to be an athlete, says Joe Friel, one of the world's foremost experts on endurance sports. You can, in fact, be fast after 50. That happens to be the title of his latest book, "Fast After 50".

We had a chat with the endurance guru, who's now pushing 70 himself, to find out how athletes can thrive after hitting the half-century mark.

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